

Savory Avocado Tomato Smoothie

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We have suggested breakfast, but you can enjoy this savory smoothie at any time of the day!

Timing

Prep time
5 minutes

Total time
10 minutes

Skill level
Easy

What You'll Need

- ½ ripe avocado, peeled and pitted
- ½ cup chicken or vegetable broth
- ½ Red Sun Farms Roma Tomato
- ½ cup whole milk or coconut milk
- 1 tbsp lime juice
- 1 scoop unsweetened, unflavored protein powder (whey, rice, fermented soy or egg – optional)
- ¼ cup white onion pieces (about 1 inch in size)
- 1 tbsp fresh cilantro
- Sea salt and black pepper to taste

Directions

1. Place all ingredients into a blender and blend until smooth. Serve immediately.